



Rape and Sexual Abuse Support Centre

RASASC is a registered charity which was established in 1995 to provide advice, support and counselling to people who have been affected by sexual violence. We offer support to men, women, children and young people of any age. We have offices and community based outreach centres throughout Cheshire & Merseyside.

How We can Help

If you have been affected by sexual violence and would like to talk about it, you can get in touch with us.

We will listen to you, we will respect you and we will believe you.

RASASC accept self referrals as well as referrals from other agencies. Please feel free to contact us by telephone, where a trained Information Line Worker will take your call or, if you prefer, you can contact us via our website or by email or letter.

We will then contact you so that we can explain about the services we are able to offer and try to answer any questions that you may have. Services include counselling; ISVA support; children and young people's services; support groups; advice and information. You will not have to make an immediate decision about taking up the service.

After Rape or Sexual Assault

If you have experienced the trauma of rape or sexual assault it is important that you keep yourself as emotionally and physically safe as possible. Although the experience can be overwhelming, there are several issues that will need your consideration, such as:

- Reporting the incident to the police
- Preservation of forensic evidence
- Risk of HIV & access to early treatment intervention
- Risk of sexually transmitted infections
- Risk of pregnancy

Our Independent Sexual Violence Advisors are trained to help you to address these issues whilst providing you with emotional support.

If you have been recently raped you can access Cheshire Sexual Assault Referral Centre (0161 276 6515) or Merseyside Sexual Assault Referral Centre (0151 295 3550)

Effects of Sexual Violence

Individuals who have been affected by sexual violence may experience a wide range of short and/or long term emotional and physical effects which can have a negative impact upon their lives.

People respond to rape and sexual assault or abuse in many ways - these could include a sense of being numb; feelings of rage or anger; a sense of fear; confusion; guilt; and/or many other emotions. Physical effects may include injuries to the body; pregnancy; sexually transmitted diseases; etc.

Sexual violence can impact upon how individuals see themselves and how they relate to others. Each person has their own way of coping, there is no right or wrong way to react to sexual violence.

Please remember that what happened was not your fault and you are not to blame for the actions of another individual.

Independent Sexual Violence Advisor (ISVA)

ISVA's are specially trained to work sensitively in response to the needs of individuals who have experienced sexual violence. They give practical and emotional support to people who have been raped or sexually assaulted. ISVA's are able to provide advocacy and support through reporting to the Police and with any subsequent legal proceedings. ISVA's can help with health issues, such as GUM appointments as well as liaising with other social support agencies as required.

Counselling

RASASC is an Accredited Organisational Member of the British Association for Counselling & Psychotherapy. We offer a specialist counselling service to people who have been affected by sexual violence, including both recent and historical incidents. The service provides a range of therapeutic approaches within community based locations across Cheshire and Merseyside.

Children & Young People

We offer advocacy, support and counselling to children, young people, and their families. Children of any age can be referred to our service. Specialist Children & Young People's Independent Sexual Violence Advisors are able to plan individual pathways of care to meet the needs of children who have experienced sexual abuse or rape. We work closely with other agencies to ensure that children and young people are protected. Specialist therapy is also available to children aged 5 and above.

Support Groups

RASASC provide groups in each area where people who have experienced sexual violence can access structured support within an informal, welcoming environment. The groups are facilitated by specialist workers and are a safe arena for people to respectfully share thoughts, feelings and experiences; additionally the groups aim to improve confidence and self-esteem, develop coping strategies and create practical solutions. The groups also act as a forum for consultation with clients in relation to our service delivery and to local/national issues concerning sexual violence.

Mission Statement

The Rape and Sexual Abuse Support Centre aims to be a Centre of Excellence in the provision and delivery of services to individuals and families who have been affected by sexual violence.

Equality & Diversity

RASASC are fully committed to equal opportunities throughout all aspects of our work. The Organisation strives to create an inclusive and accessible environment that actively promotes an ethos of appreciating difference. We are committed to challenging myths and stereotypes, aiming to work in an anti discriminatory way at all times.

Complaints

In the event that you are unhappy with any aspects of our service, please ask to speak to the Centre Manager who will attempt to resolve any difficulties you may be experiencing. Should such action fail to resolve the problem then you have the right to refer the matter to an independent person who will advise how to proceed via the organisations grievance procedure.

Confidentiality

Any information you provide will remain confidential to the agency unless we feel that you, or someone else is at risk of harm. In such cases we may be obliged to disclose information to appropriate and relevant agencies.

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RASASC
PO Box 35
Warrington
WA1 1DW

0330 363 0063

Cheshire East: **01260 697900**
Cheshire West & Chester: **01244 907710**
Halton: **01928 477980**
Knowsley/Merseyside: **0151 218 7960**
St Helens: **01744 877987**
Warrington: **01925 221546**

E-mail: support@rapecentre.org.uk
Website: www.rapecentre.org.uk

Head Office: **01925 221546**
Head Office Fax: **01925 634636**

Charity Registered in England & Wales: 1049826



Independent Sexual Violence Advisors

Support & Information

Specialist Counselling

Cheshire East

Cheshire West & Chester

Halton

Knowsley

St. Helens

Warrington